



The 45th All Japan Orienteering Championships
Long Distance
IOF World Ranking Event for M21E & W21E

Sunday, April 14, 2019

Venue: Nikko, Tochigi Pref. Japan

Nikko is well known for the luxury grave temple of the first Tokugawa shogunate, Toshogu, the world heritage. <https://www.japan-guide.com/e/e3800.html>

Organizer: Japan Orienteering Association (JOA)

Event Officials:

IOF Event Adviser: Yoshiaki Sakai

National Controller: Kenya Watanabe

Local Event Organizer: Tochigi Prefectural Orienteering Association

Chairman: Katsunori Yamakawa

Event Director: Yasunori Ogita

Technical Director: Kazuki Terashima

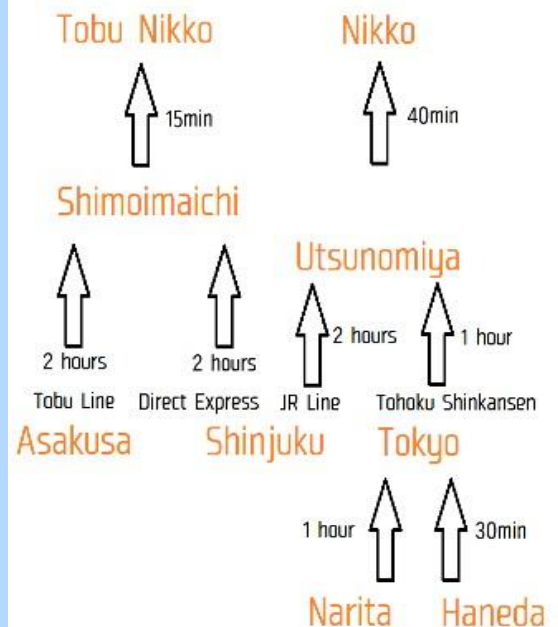
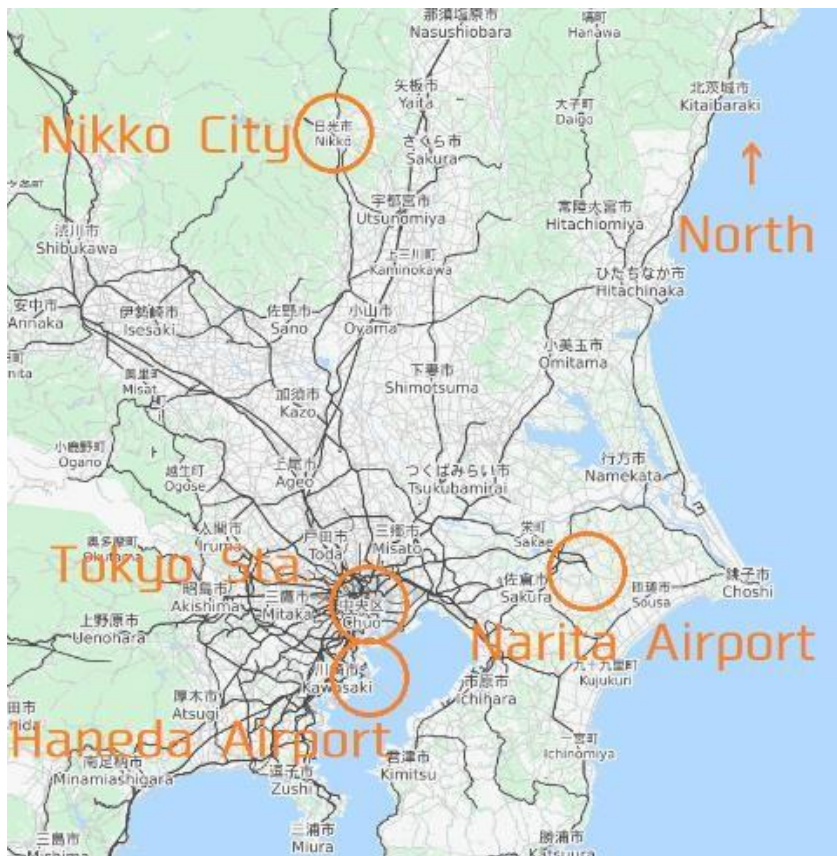
Course Planner: Shin Murakoshi, Yutaro Miyanishi

Public Relations Director: Shoya Banno

Venue and Event center

Event Center: [Nikko Sports Hiroba](#) (open-air park)

Access to the event center: The nearest train stations are JR Nikko and Tobu Nikko. Walk approx. 2km and 30 minutes from stations. Car parking available at the event center. 10 minute drive from Nikko Inter change.



Competition Information

Type of Competition: Long Distance Preliminary

Program:

Sat, April 13: Warm-up event

Sun, April 14: Competition

8:00 Event center open

8:00-11:00 Registration for entry on the day-subject to map availability

10:00 First Start time Note: It takes time to go start area for higher classes including elite due to transfer by bus. So it is recommended to arrive at event center at least 2hours before from start time.

Classes and Participation restrictions

WRE: M21E and W21E are World Ranking Event.

M21E (Winning time: 90-100min)

W21E (Winning time: 70-80 min)

There is no age restriction.

Participants may enter those classes individually but endorsement from their federation is required.

Non-WRE :

Age	Man		Woman	
	Class	Winning time (minutes)	Class	Winning time (minutes)
-20	M20E	70	W20E	55
19+	M21A	80	W21A	65
21+	M21AS	60	W21AS	50
35+	M35A	70	W35A	55
40+	M40A	65	W40A	50
45+	M45A	60	W45A	45
50+	M50A	55	W50A	45
55+	M55A	50	W55A	45
60+	M60A	50	W60A	45
65+	M65A	50	W65A	45
70+	M70A	50	W70A	45
75+	M75A	50	W75A	45
80+	M80A	50	W80A	45
85+	M85A	50	W85A	45
15-20	M20A	70	W20A	60
15-20	M18A	60	W18A	50
13-18	M15A	50	W15A	40
-12	M12	30	W12	30
-10	M10	30	W10	30
Everyone	MBL	60	WBL	50
Everyone	MBS	40	WBS	30
Entry on the day	OAL	-		
	OAS	-		
	OB	-		
	N	-		

Age is based on as born on or before 1st of April 2019.

Women may compete in men's classes.

Competition rules

The Competition rules for IOF Foot Orienteering Events (valid from 1 January 2019) are applied to WRE. Competition rules of JOA are applied to non-WRE.

Maps

Survey and Cartography: 2019

Scale 1:15,000

Enlarged map (Scale 1:10,000 or 1:7,500) will be used for youth and senior classes

Contour Interval 5m, Runnability 4 categories, Regulation ISOM2017

Old map "[Nikko Kirifuri](#)" & "[Nikko Tokorono](#)"

Prizes

M21E and W21E : The first 6 competitors will be awarded. The first competitor registered athlete in JOA may receive the title of Japan champion.

Other Class : The first 3 competitors will be awarded.

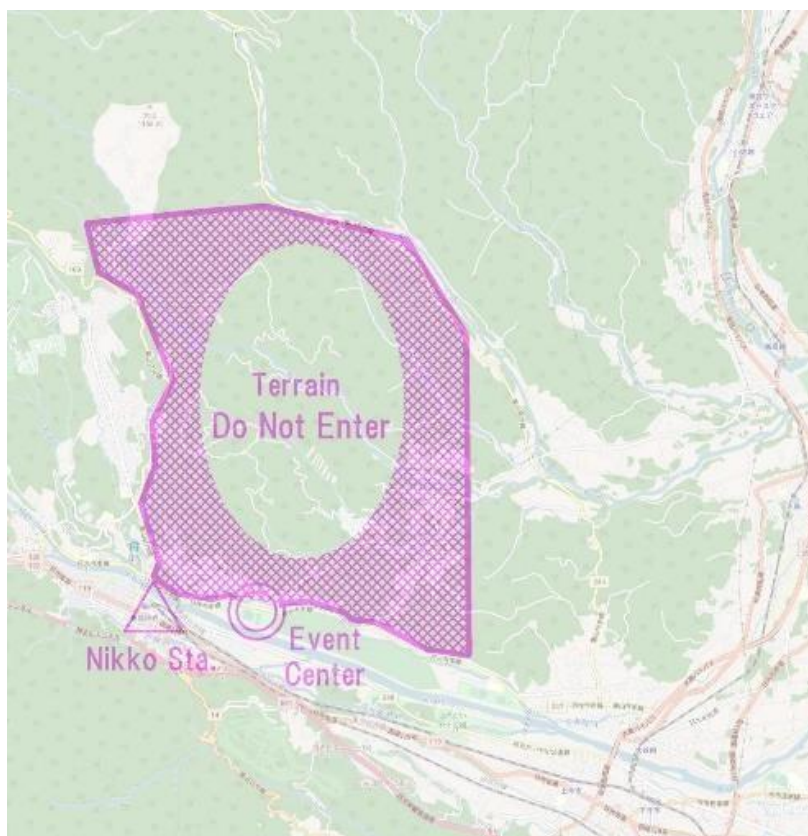
Instruction for the wear

No restrictions of clothes and shoes for long distance event. However, organizer recommends long sleeve and full leg cover clothing. It will be forbidden to use shoes with spikes in warm-up event.

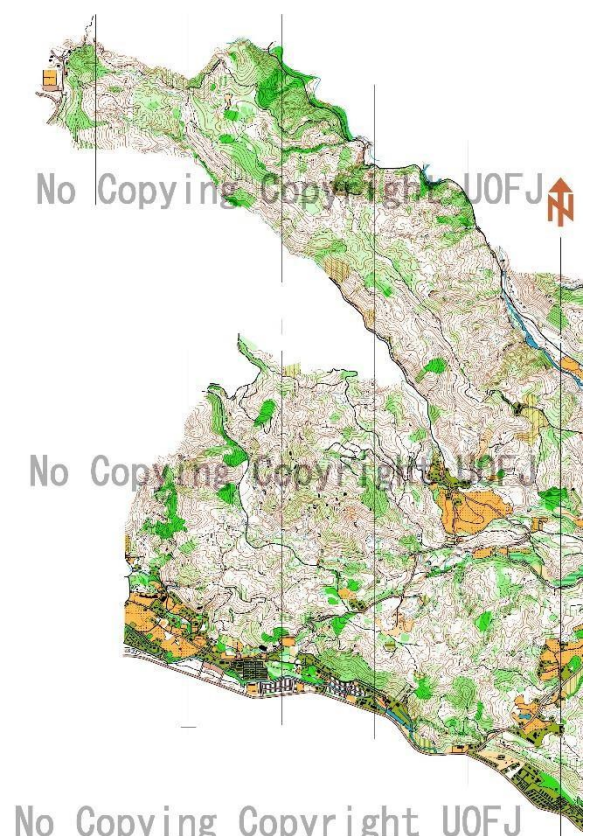
Opportunities for training

Warm-up event will be held on April 13. Additional training is available in Nikko area from April 11 to April 13.

Embargoed areas and Previous Maps



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© the inter-University Orienteering Federation in Japan

Previous maps

See the "[Previous maps](#)" on the website.

Punching system

Emit timing system is used.

Anti-doping Policy

The IOF Anti-Doping Rules will apply.

Entry

Entry deadline: Mon, March 18, 2019

Entry Fee

Class	Adult	Junior High & under
M/W21E (WRE)	JPY 5,500	
M/W20E		JPY 3,000
M/W20A,M/W18A,M/W15A	JPY 3,500	JPY 2,800
Other A class	JPY 5,000	
M/W10,M/W12		JPY 1,000
M/WBL,M/WBS	JPY 3,000	JPY 2,000
N	JPY 1,000	
Entry on the day	JPY 4,800	JPY 3,000

Option	Fee
E-card rental	¥300

There are 2 entry procedures.

1) Entry made by e-mail

Entry is made by e-mail. Send following information to the organizer by e-mail.

e-mail: shimizu@orienteering.or.jp

Information required

Family name

First name

Gender

Date of Birth

Federation/Country

Club

Class

Permanent address, phone number

E-mail

IOF ID

After receipt of entry application, organizer will send you back a confirmation and payment instructions by email.

2) Entry made through web (in Japanese)

Entry can be made through Japan-O-entrY (JOY) website.

<https://japan-o-entry.com/>

Accommodation

No official accommodation arranged. There are various types of accommodations available in Nikko area. Please check it through hotel booking websites.

Other Information

VISA:

Exemption of Visa: https://www.mofa.go.jp/j_info/visit/visa/short/novisa.htm

VISA application procedure: https://www.mofa.go.jp/j_info/visit/visa/index.html#section3 If

an official invitation letter is needed from JOA, please contact us.

e-mail: shimizu@orienteering.or.jp

Insurance: All participant from overseas have to take out travel accident insurance at their own country.

Contact

Japan Orienteering Association

<http://www.orienteering.or.jp/>

Tel/Fax: +81-3-3467-4548

E-mail: joa@orienteering.or.jp

Event Website and contact Website:

<http://www.orienteering.com/~joc2018>

Bulletin 2 : to be issued in the beginning of April 2019.